

STUDENT UNION: AFTER-SCHOOL RECREATION FOR MIDDLE SCHOOL STUDENTS

The City's After-School Recreation programs promote positive youth development and help support the needs of families in Dublin. Student Union programs are held at Fallon and Wells Middle Schools in Dublin. Programs run daily from dismissal until 5:45 PM, including minimum days. **Please note:** Student Union does not operate on school holidays.

These programs include a variety of group and individual activities and indoor/outdoor games. Each school site also has a **dedicated, credentialed teacher** to assist students with their homework assignments each day.

**After School until 5:45 PM
Monday to Friday**

**Registration for Session I of the 2016/2017
school year is as follows:**

**Dublin Residents—5/17 at 8 AM
Non-Residents—5/31 at 8 AM**

Session I: 8/15 – 11/11

Payment Options

Full-Session Pass purchase allows unlimited
attendance within the session purchased
\$425 Resident/\$510 Non-Resident

20-Day Pass purchase allows 20 visits
within the school year; no refunds
\$215 Resident/\$255 Non-Resident

The Middle School Student Union is a popular program and fills quickly, so please register early.

Spring 2016

	FALLON	WELLS
Session I: 8/15-11/11	46053	46052
20-Day Pass	46051	46050

DANCE

Irish Dance for Teens and Adults

Beginner and intermediate level dancers will learn a variety of soft and hard shoe dances, as well as group dances. Traditional set dances will also be taught. A recital will be held on the last night of class. Beginning students do not need Irish Dance shoes.

10 Classes Instructor: Valerie Deam

13 Years+ \$70 Res/\$80 Non-Res

Heritage Park & Museums

Thu 6/2-8/18* 8:00-9:00 PM Activity #45732

*no class 7/14 & 7/21

Hip-Hop Dance

Do you want to dance like your favorite hip-hop stars? Join the fun as we learn the street-style dance made popular by music videos. Classes help dancers loosen up, develop rhythm, and control isolated movements. All music and movement is age-appropriate.

8 Classes Instructor: Castro Valley Performing Arts

Dublin Senior Center

9 - 13 Years \$66 Res/\$79 Non-Res

Mon 7/11-8/29 7:15-8:15 PM Activity #45725

Hip Hop for Teens & Adults

Would you like to learn the latest type of street-style dancing made popular by music videos? Join this energizing and electrifying dance class and get ready to loosen up and have some fun. Improve your strength and agility while exercising your mind and body.

8 Classes Instructor: Castro Valley Performing Arts

14 Years+ \$66 Res/\$79 Non-Res

Heritage Park & Museums

Mon 7/11-8/29 8:15-9:15 PM Activity #45737

Adult Tap I

Both beginner and intermediate dancers will be introduced to a variation of time steps, tap turns, floor combinations, and application of various syncopated rhythms to music with an emphasis on clean footwork. Tap shoes are required for this class.

8 Classes Instructor: Castro Valley Performing Arts

15 Years+ \$66 Res/\$79 Non-Res

Heritage Park & Museums

Tue 7/12-8/30 7:45-8:45 PM Activity #45722

TEENS
13 TO 17 YEARS





Adult Tap II

Tap II expands on the basics of Tap I, with the addition of intricate rhythm variations, so students should have previous tap dance experience. Tap provides great exercise for the mind and body and is loads of fun. Tap shoes are required.

8 Classes Instructor: Castro Valley Performing Arts

15 Years+ \$66 Res/\$79 Non-Res

Heritage Park & Museums

Tue 7/12-8/30 6:45-7:45 PM Activity #45723

ENRICHMENT

Child and Babysitting Safety

Babysitting is not just 'watching' children, but being responsible for their safety and well being. This course will focus on setting up a babysitting business, safety and emergency response, diapering, playtime, bedtime, interacting with parents and more. Participants will receive certification cards from American Safety Academy.

1 Class Instructor: American Safety Academy

11 - 17 Years \$50 Res/\$60 Non-Res

American Safety Academy

Sat 6/18 10:00 AM-2:30 PM Activity #45857

Tue 7/12 10:00 AM-2:30 PM Activity #45858

Sat 7/30 10:00 AM-2:30 PM Activity #45859

Wed 8/10 10:00 AM-2:30 PM Activity #45860

CPR/AED and First Aid

Did you know that 75-80% of all out-of-hospital cardiac arrests happen at home and that the majority of victims receive no hands-on care until EMS arrives? Properly applied, CPR and First Aid can save lives and reduce recovery times. Learn to recognize signs of cardiac arrest and get information about how to deal with emergencies like bleeding, shock, burns, sprains, fractures, allergic reactions, seizures and more. Participants will receive two year certification cards in accordance with the American Heart Association guidelines.

1 Class Instructor: American Safety Academy

13 Years+ \$72 Res/\$86 Non-Res

American Safety Academy

Sat 6/4 9:30 AM-2:00 PM Activity #45849

Sun 6/26 1:00 PM-5:30 PM Activity #45850

Sat 8/13 9:30 AM-2:00 PM Activity #45851

Sat 9/10 9:30 AM-2:00 PM Activity #45852

MARTIAL ARTS

Traditional Japanese Karate

Our family is dedicated to teaching a Traditional Japanese Karate style called Shito Ryu, with a focus on building confidence, living honorably, and learning effective self-defense. Classes are full of fun and challenging drills. Our motto is: "Persistence and Determination Alone are Omnipotent." Karate uniform (Gi) is required and may be purchased for \$30.

5 Classes Instructor: Dan Reddell

5 - 14 Years \$50 Res/\$60 Non-Res

Dublin Senior Center

Fri 5/20-6/24* 5:00-6:00 PM Activity #45713

*no class 5/27

Fri 7/1-8/5* 5:00-6:00 PM Activity #45763

*no class 7/8

Fri 8/12-9/9 5:00-6:00 PM Activity #45764

DUBLIN LEAD

LEADERSHIP SKILLS, JOB EXPERIENCE AND PERSONAL DEVELOPMENT

The Dublin LEAD program is open to teens entering seventh grade or higher. Participants will have the opportunity to assist City of Dublin camp staff during camp and swim lessons throughout the summer. Participants will receive training in various job-related skills including: resume writing, job search techniques, and interview skills for recreation professionals. Additional topics will include how to lead an activity, how to engage participants, water safety, playground and park safety, and supervising camp participants. Participants are encouraged to assist with recreational program for at least two weeks in the summer.

HOW TO SIGN-UP

We are currently accepting applications. Apply online at www.dublin.ca.gov by 5:00 PM on April 22. All qualified participants will be interviewed the week of April 25. Training for new participants will be offered May 24-26 and June 4. Training for returning participants will be offered June 3-4. Specific information regarding the training will be given to participants after the selection process is complete.

An informational meeting for parents of selected participants will be held on June 1 at Dublin Civic Center.



TEENS
13 TO 17 YEARS

Beginning Karate

Begin training your child in the Korean martial art of Tang Soo Do. Participants will develop respect, discipline, and coordination. Students will learn the basic blocks, punches, kicks, patterns and sparring techniques of Tang Soo Do.

15 Classes Instructor: Robert Berger

7 - 14 Years \$135 Res/\$162 Non-Res

Dublin Public Library

Mon 5/16-9/12* 5:45-6:30 PM Activity #45690

*no class 5/30, 7/4 & 9/5

Advanced Karate

In a continuation from lessons taught in the Beginning Karate class, students will learn advanced blocking, striking and kicking techniques of Tang Soo Do. Students will advance through the colored belt ranks while learning balance, fluidity, speed, power, and control while performing forms and drills. Students should have advanced to purple belt before registering for this class unless otherwise invited. Uniforms are required.

15 Classes Instructor: Robert Berger

7 - 14 Years \$135 Res/\$162 Non-Res

Dublin Public Library

Mon 5/16-9/12* 6:30-7:30 PM Activity #45689

*no class 5/30, 7/4 & 9/5



Karate

Students will be immersed in the Korean Martial Art of Tang Soo Do while learning basic blocks, punches, kicking and sparring techniques that instill discipline and self-control.

15 Classes Instructor: Robert Berger

15 Years+ \$135 Res/\$162 Non-Res

Dublin Public Library

Mon 5/16-9/12* 7:30-9:30 PM Activity #45691

*no class 5/30, 7/4 & 9/5

Beginning Aikido

Improve your confidence, power and agility while learning self defense in a relaxed, friendly and non-competitive environment. No matter your size, gender, age or athletic ability, you will see and feel the benefits. Beginners are welcome and can start at any point during the session; however, fees are not pro-rated. Judo uniforms are recommended but not required.

6 Classes Instructor: Ron Hsi

14 Years+ \$39 Res/\$47 Non-Res

Dublin Public Library

Tue, Thu 6/14-6/30 8:00-8:45 PM Activity #45710

Tue, Thu 7/19-8/4 8:00-8:45 PM Activity #45711



Intermediate Aikido

Continue to build upon the basic skills learned in Beginning Aikido with additional practice of self-defense techniques without kicking or punching. Instead, students will tap their inner energy and use the strength of their attacker. Learn the fundamental body dynamics, throws, pins, and blocks making this martial art so effective and popular among men and women of all ages.

35 Classes Instructor: Ron Hsi

14 Years+ \$175 Res/\$210 Non-Res

Dublin Public Library

Tue, Thu 5/17-9/15* 8:00-9:30 PM Activity #45712

*no class 5/19

Krav Maga

Krav Maga is a self-defense program that uses fitness, boxing, kicks, weapons defense, ground defense and other mixed systems. We teach our system in blocks: one week may focus on hand techniques, another on ground defense or weapon defense. The rotating curriculum allows a variety of material to be taught, keeping students engaged. Students must be in good physical condition prior to enrollment. Martial Arts America Krav Maga gloves are required, \$49.

Instructor: Martial Arts America

15 - 50 Years

Martial Arts America

16 Classes \$179 Res/\$215 Non-Res

Thu 5/19-9/8* 7:45-8:45 PM Activity #46060

*no class 7/7

13 Classes \$179 Res/\$215 Non-Res

Sat 5/21-9/8* 9:00-10:00 AM Activity #46059

*no class 5/21, 7/2, 7/9 & 9/3

TUMBLING & GYMNASTICS

Beginning Tumbling

This class will provide your child with the proper techniques to tumble. This acrobatic discipline is often used in other sports such as cheerleading and diving. Students will learn basic skills including cartwheels, handstands, rolls, and progressions for round-offs. Learn how to do tumbling and back hand springs on our in-ground and above-ground Tumble-Tracks.

9 Classes Instructor: Edge Gymnastics

6 - 17 Years \$191 Res/\$229 Non-Res

Edge Gymnastics

Tue 6/14-8/9 2:30-3:30 PM Activity #45783

Beginning Gymnastics

Students will learn the basics of this Olympic sport while developing proper techniques and confidence to perform these skills.

Instructor: Edge Gymnastics

6 - 17 Years

Edge Gymnastics

Boys

Introduction to vault, pommel horse, rings, floor, parallel bars and high bar.

8 Classes \$170 Res/\$204 Non-Res

Mon 6/13-8/8* 2:30-3:30 PM Activity #45784

*no class 7/4

Girls

Introduction to vault, uneven parallel bars, balance beam, and floor exercises.

8 Classes \$170 Res/\$204 Non-Res

Mon 6/13-8/8* 2:30-3:30 PM Activity #45785

*no class 7/4

9 Classes \$191 Res/\$229 Non-Res

Tue 6/14-8/9 2:30-3:30 PM Activity #45786

SPORTS

Junior Golf School

Golf continues to be one of the hottest youth sports trends and often becomes a lifetime sport! This friendly introductory class is open to all skill levels. Basic full swing fundamentals and short game skills (chipping and putting) will be taught, as well as golf rules and golf etiquette. It is recommended to bring your own clubs if possible; however, limited golf clubs are available if needed. Students must wear golf or tennis shoes.

5 Classes Instructor: Dublin Ranch Golf Club

7 - 17 Years \$114 Res/\$137 Non-Res

Dublin Ranch Golf Course

Thu 6/30-7/28 5:45-6:45 PM Activity #45861

Sat 7/9-8/6 10:15-11:15 AM Activity #45862

Sat 7/9-8/6 11:30 AM-12:30 PM Activity #45863

Sun 7/10-8/7 10:00-11:00 AM Activity #45864

Thu 8/11-9/8 5:00-6:00 PM Activity #45865

Sat 8/13-9/17* 10:15-11:15 AM Activity #45866

*no class 9/3

Sat 8/13-9/17* 11:30 AM-12:30 PM Activity #45867

*no class 9/3

Sun 8/14-9/18* 10:00-11:00 AM Activity #45868

*no class 9/4



LOOKING FOR A SUMMER JOB? JOIN OUR TEAM!

The City of Dublin Parks and Community Services Department (P&CS) offers a rewarding work environment and can provide an excellent opportunity for work experience. P&CS offers:

Flexible Hours • Excellent Wages
Professional Development and Training
Opportunities • Advancement Opportunities

TITLE	HOURLY PAY RANGES*
Lifeguard/Swim Instructor I	\$12.00 – \$16.80
Lifeguard/Swim Instructor II	\$14.40 – \$20.15
Assistant Pool Manager	\$17.30 – \$24.20
Recreation Leader I/II	\$10.00 – \$16.80
Senior Recreation Leader	\$14.40 – \$20.15
Senior Facility Attendant (Heritage Park)	\$14.40 – \$20.15

* Actual placement within range depends on your experience

APPLY TODAY!

See complete job descriptions for full details and qualifications. Job descriptions and applications can be found at CalOpps.org. Search Member Agencies for City of Dublin, or for more information, call (925) 833-6645, or email parksandcommunityservices@dublin.ca.gov.

TEENS
13 TO 17 YEARS